

Providence Community Center

3001 Vaden Drive, Fairfax, VA 22031
Phone: 703-865-0520, TTY 711



Operating Hours: Monday - Saturday 9 a.m. to 10 p.m.
Closed: May 28 -- May 30 for Memorial Day

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

May 2016

Programs

Programs	When/Where	Time	Description
AARP Tax Preperation	Saturdays	9:30 a.m. - 5:30 p.m.	Free Tax Preperation for all ages and income levels. Ends April 16.
SACC	Monday - Friday	7 - 8:45 a.m. and 3 - 6:15 p.m.	Before and after school care for K-6th grade. Please call 703-449-8989, TTY 711 to register.
Senior Program	Monday - Friday	9 a.m. - 4 p.m.	Activities, socialization and community outings for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Must be 60 or older to receive lunch at a reduced rate.
Teens After School Program	Monday - Friday	3 - 6 p.m.	Activities and programs for youth ages 12 - 18. Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun.
SPARC	Monday, Wednesday, Friday	10 a.m. - 2 p.m.	Specially Adapated Recreation Club: Provides dynamic, enduring learning opportunities for adults with life-long disAbilities in a natural community setting.
Open Art Studio	Wednesday Arts & Crafts room	10 a.m. - noon	Bring your own supplies. The open arts studio provides the perfect opportunity for communal self- critique of art pieces as well as general socializing among peers. 19+

Classes

Classes	When	Time	Description
Zumba Gold (for Senior Program)	Monday Gym	10 - 11 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Line Dancing (for Senior Program)	Monday Gym	12:30 - 2 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Beginners Pickleball (for Senior Program)	Tuesday Gym	9:30 - 11 a.m.	Learn basic skills and play. Must be a member of the Senior Program. Must pay and register for classes. \$5.00 per session.

Zumba	Tuesday Gym	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Pickleball: Intermediate Level (senior program)	Wednesday Gym	9:30 - 10:30 a.m.	Pickleball for Intermediate level. Must know the basics of pickleball. Must pay and register for classes. \$5.00 per session. For Senior Program members only.
Yoga	Wednesday Classroom 2	Noon - 1 p.m.	General Yoga for senior program. \$5.00 per session Senior Program
Line Dancing	Wednesday Gym	12:30 - 2:30 p.m.	Line dancing for adults 19+ \$5.00 per session
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5 - 12 only. \$5.00 per family, per session.
Functional Fitness (for Senior Program)	Thursday Gym	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Zumba	Thursday Gym	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Zumba	Thursday Multipurpose Room 2	7:30 - 8:30 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Yoga	Friday Classroom 2	Noon - 1 p.m.	General Yoga for adults 19+. \$5.00 per session
Chair Exercise (for Senior Program)	Friday Gym	10 - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Cardio Kickboxing	Friday Multipurpose room 2	7:30 - 8:30 p.m.	Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout
Zumba	Saturday Gym	10 - 11 a.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.

| Current Session ends May 7, 2016 | Must register for classes in order to participate. Next Registration date is May 2, for Monday Line Dancing. May 3 - 7 for all other classes

Family and Youth Programs

Kids N' Motion	Monday, May 9th and Monday May 23rd	11:15 a.m. - noon	Ages 3 - 5 years of age will practice gross motor skills, locomotion, and sensory activities in a fun and structured setting. Registration is required.
Tot Time	Thursday	11:15 a.m. - 12:30 p.m.	Ages 4 years of age and under. Open tot time is for families with children 4 years of age and under to interact with other toddlers and engage in physical activities in the gym.
Homework Help	Monday - Friday	3:30 - 5 p.m.	Staff will provide homework assistance as well as snack during this hour.
Warm-up Hour	Monday - Friday	3 - 4 p.m.	"How was your day?" journal, teens will work on a daily journal and end with and end the hour with board game time.
Teen Open Fitness	Mondays	5 - 6 p.m.	For ages 12 - 18 yrs.old, participants will be instructed how to properly use the fitness equipment.

Teen Open Gym	Mondays	6:30 - 8 p.m.	Open gym for youth ages 12 - 18 to play basketball
Teen Basketball Practice	Tuesday	5 - 8 p.m.	NCS Basketball Team- Providence Panthers
Piano Basics	Tuesday	6 - 7 p.m.	Ages 5 - 18 yrs old. Participants will learn the basics of piano.
Arts and Crafts	Tuesday	6 - 8 p.m.	Ages 6 - 11 yrs.old.
Teens Volleyball	Tuesday	8 - 9:30 p.m.	Participants 12 - 18 years old
Leadership Program	Wednesday	6 - 7 p.m.	Youth leadership for participants 12 - 18 years old
"Rook n Roll" Chess Club	Wednesday	6:30 - 8:30 p.m.	Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.
Family Zumba	Wednesday	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5 - 12 only. \$5.00 per family, per session.
Gym: Badminton	Thursday	3 - 5 p.m.	Participants 12 - 18 years old
Arts and Crafts	Thursday	6 - 8 p.m.	Ages 6 - 11 yrs.old.
Teen Open Fitness	Thursday	5 - 6 p.m.	For ages 12 - 18 yrs.old, participants will be instructed how to properly use the fitness equipment.
Teen Sensorium (Teen Program)	Thursday	7 - 8:30 p.m.	Come relax, listen to music, do your homework, or just enjoy all of the sensations the Sensory room has to offer. Attendance is based on first come first served. No more than 5 teens at a time.
Teen Cuisine	Fridays	5 - 7 p.m.	Participants 12 - 18 years old will learn kitchen safety basics
Family Rec Open Gym	Friday	6:30 - 8 p.m.	Open Gym for families with children 12 yrs. And under
Arts and Crafts	Saturday	11 a.m. - 1 p.m.	Ages 6 - 11 yrs.old.
"Rook n Roll" Chess Club	Saturday	1 - 3 p.m.	Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.

Sensory Room

Event	When	Time	Description
Exercise Your Senses (Service Source)	1st Monday of each month	11 a.m. - noon	Adults and seniors attend the sensory room once a month for sensory exploration and relaxation. This program is in coordination and reserved for Service Source.
Open Relaxation Station for Adults & Seniors	2nd and 4th Monday	11 a.m. - noon	Come reduce your stress by enjoying music in a vibroacoustic beanbag, massage pad, or soundshell chair. Attendance is based on first come first served. No more than five people at a time.
Sensational Explorers (ITC Program)	Tuesday	10 - 11 a.m.	This program is coordinated with Fairfax County Infant and Toddler Connection and registration for this program is done through the ITC. Ages 0 - 3 years of age experience color recognition, cause & effect, as well as exposure to sights, sounds, textures, and movements.
From Sensory to Memory	4th Tuesday of each month	2 - 3 p.m.	Members of Memory Café attend the Sensory room for various ways of relaxation, reminiscing, and sensory stimulation.
SPARC Your Senses	Monday, Wednesday, and Friday	1 - 2 p.m.	Members of the SPARC Program participate in various sensory activities ranging from relaxation, reminiscing, cognition, stimulation
Mommy & Me Sensory Discovery	Wednesday	9 a.m. - noon	This program is for mothers and their young children to explore sensory items and activities. Registration is required for 30 minute interval sessions.

Little Sensations 1	Friday	9 - 10 a.m.	Program is designed for children 6 months -18 months years of age. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration is for this program is required.
Little Sensations 2	Friday	10:15 - 11:15 a.m.	Program is designed for children 19 months -36 months years of age. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration is for this program is required.
Teen Sensorium (Teen Program)	Thursday	Thursday 7 - 8:30 a.m.	Come relax, listen to music, do your homework, or just enjoy all of the sensations the Sensory room has to offer. Attendance is based on first come first served. No more than 5 teens at a time.
Sensory Magic with SACC	Monday and Thursday	Monday 4 - 5 p.m. and Thursday 4:30 - 5:30 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.)

Providence Community Technology Center

Classes	When	Time	Description
SACC	Monday - Friday	3 - 6:15 p.m.	SACC Programming
Adults: Available for One on One Help	Monday	2 - 3 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts, e.t.c.
Adults: Beginners Excel	Tuesday	2 - 3 p.m.	Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. Basic projects are welcome for one on one help.
Adults: Available for One on One Help	Wednesday	2 - 3 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts.
Adults: Working with Smartphones and Tablets	Thursday	2 - 3 p.m.	Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images.
Adults: Beginners Computer Class for Spanish Speakers (Senior Program)	Thursday/Friday	11 a.m. - noon	This class is tailored for Spanish speakers that are members of the Senior Program (50+ of age). Learn about the different components of a computer: how to utilize the computer for day to day needs such as browsing the internet, saving documents, creating files, using social media etc.
Teens: Fall Programming	Monday - Friday	3 - 4 p.m.	Computers available for teen program.
Adult: Open Lab	Monday - Friday	12:15 - 1:30 p.m.	Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions.
OPEN LAB for all Age Groups	Monday - Friday	5:30 - 8 p.m.	Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions.

Gymnasium

Recreation	When	Time	Description
SACC	Monday - Friday	3 - 6:15 p.m.	SACC Programming

Zumba Gold (for Senior Program)	Monday	10 - 11 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Badminton (for Senior Program)	Monday	10:30 a.m. - noon	Badminton play for members of the senior program. Senior program is available for ages 50+
Line Dancing (for Senior Program)	Monday	12:30 - 2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Teen Open Gym	Monday	6:30 - 8 p.m.	Open gym for youth ages 12 - 18 to play basketball
Badminton	Monday	8 - 10 p.m.	Open gym for adults ages 18+ to play badminton and practice skills
Beginners Pickleball (for Senior Program)	Tuesday	9:30 - 11 a.m.	Learn basic skills and play. Must be a member of the Senior Program. Must pay and register for classes. \$5.00 per session.
Senior Men's Basketball	Tuesday	10:30 a.m. - noon	Men's basketball for seniors 50+
CoEd Soccer (50+)	Tuesdays	12:30 - 2 p.m.	Coed Soccer for adults ages 50+
Zumba	Tuesday	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Providence Teen Basketball Practice	Tuesday	6:30 - 8 p.m.	Get in shape while brushing up your basketball skills or learning new ones. Open to all teens and adults
Competitive Badminton	Wednesday	9 - 11:30 a.m.	Competitive badminton play for adults 19+
Pickleball: Intermediate Level (senior program)	Wednesday	9:30 - 10:30 a.m.	Pickleball for Intermediate level. Must know the basics of pickleball. Must pay and register for classes. \$5.00 per session.
Line Dancing	Wednesday	12:30 - 2:30 p.m.	Line dancing for adults 19+ \$5.00 per session
Family Zumba	Wednesday	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session.
Adult Coed Soccer	Wednesday	8 - 10 p.m.	Open gym for adults ages 18+ to play soccer and practice skills
Functional Fitness (for Senior Program)	Thursday	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Open Pickleball (beginners/Intermed) For Senior Program	Thursday	9:30 - 11 a.m.	Open play pickleball for beginners and intermediate levels for those that are members of the senior program.
Zumba	Thursday	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
Women's Open Gym	Thursday	6:30 - 8 p.m.	Open Gym for Women ages 18+ to play basketball and practice skills.
Adult Basketball	Thursday	8 - 10 p.m.	Basketball play for adults 18+
Open Play Pickleball	Friday	9:30 a.m. - 11 p.m.	Open Pickleball play. Open to ALL levels of play
Chair Exercise (for Senior Program)	Friday	10 - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Senior Men's Basketball	Friday	11:15 a.m. - 12:45 p.m.	Men's basketball for ages 50+.

Youth and Families Open Gym	Friday	6:30 - 8 p.m.	Open Gym Youth (12 yrs and under) and families
Adult Volleyball	Friday	8 - 10 p.m.	Open Gym for adult 18 + to play volleyball and practice skills.
ZUMBA	Saturday	10 a.m. - 11 a.m.	Join Celia for a sweating good time! Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Teens and adults. \$5.00 per session.
Badminton	Saturday	8 -10 p.m.	Open gym for adults ages 18+ to play badminton and practice skills
Community Meetings			
Activity	When	Time	Description
Girl Scout Troop Meetings	Saturday Rm 112	10 - 1 p.m.	Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. During troop meetings, girls will experience the traditions of Girl Scouting, such as songs, and arts & crafts as well as activities involving health, fitness, science, art, literacy, career exploration, and culture. Parents are welcome to participate in troop meetings. All girls ages 5 – 10 are welcome to join.
Toastmasters	2nd and 4th Wednesday 2nd and 4th Friday Rm 228	6:45 - 8:30 p.m.	Fairfax Toastmasters is the main local chapter of Toastmasters International, the most cost-effective, and funnest, way to learn and practice communication and leadership in Fairfax, Virginia